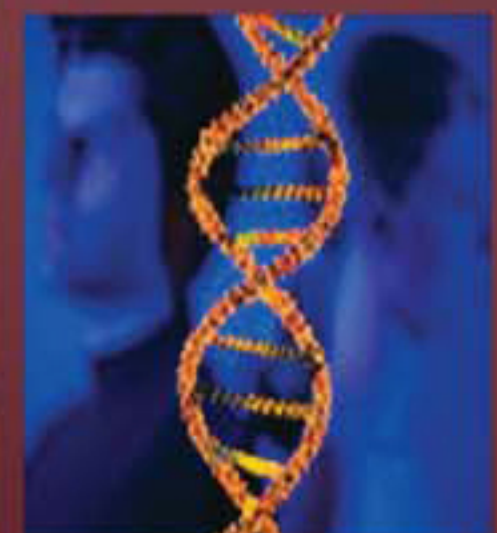
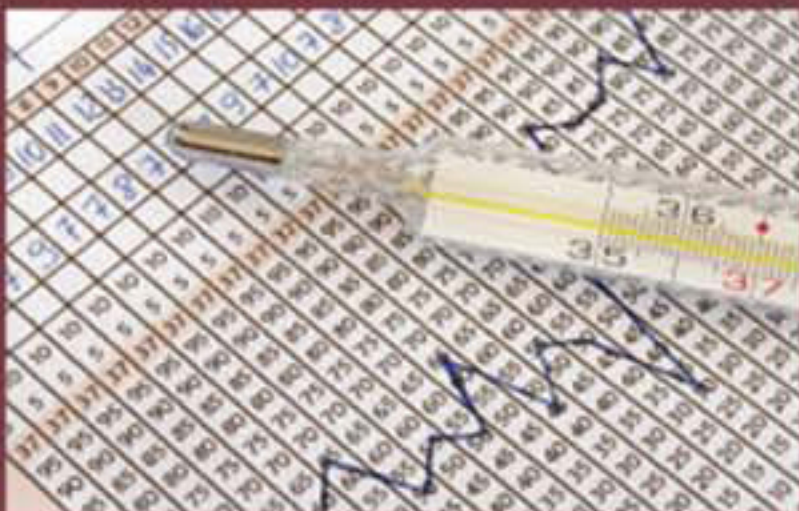
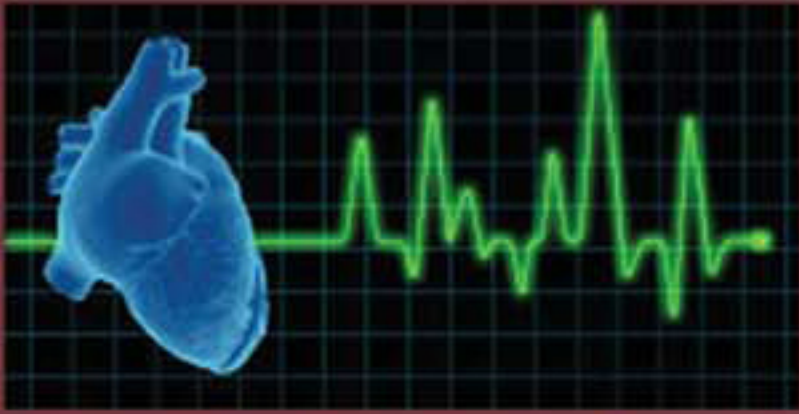


DO YOU KNOW...



Why you should use a single pharmacy?

That drinking grapefruit juice can be unhealthy, even deadly?

What doesn't mix with your medications?

Whether you can cut your pill in half?

What you should do with expired drugs?

If buying drugs online is safe?

How you can learn more about your medications?

Who is responsible for ensuring drug and medical device safety?

You should use a single pharmacy because pharmacists need to know all of the medications you are taking, not just the ones you fill and refill at their drugstore. With a complete record of your medication history, your pharmacist can warn you when a new prescription might be dangerous in combination with an older one or over-the-counter drugs you are taking. Many pharmacies are also assisting the FDA in promptly notifying patients of drug recalls, so it is important to minimize the number of pharmacies used and to ensure that your contact information is current.

Drinking grapefruit juice can be unhealthy if you are taking medication for high cholesterol, high blood pressure, depression, pain, erectile dysfunction, or allergies. By blocking an important enzyme, grapefruit juice can increase the level of a medication in your bloodstream. More than 50 prescription and over-the-counter drugs interact with grapefruit in this manner.

Some prescription drugs don't mix well with each other or with certain over-the-counter drugs. In combination, some drugs counteract each other, increase or decrease each other's effectiveness, cause unexpected side effects, or have other dangerous consequences. In addition, alcohol, some foods, and even vitamins and herbal products can cause dangerous reactions when mixed with medications.

Many times, your pill must be taken whole . . . not cut in half, dissolved, crushed, or chewed. Take each medication exactly as prescribed, in the precise dosage and form, making sure to read the label and the patient insert. Also, it is critical that you seek additional resources for information regarding your drugs, as the instructions provided by pharmacies with the receipt are inadequate to fully inform you regarding safety issues and potential drug interactions. Buying a larger dosage and cutting it in half may save money, but can affect the strength of the drug. Ask your doctor if you can split larger pills, and for alternatives if you have difficulty swallowing pills.

When drugs have expired, or you have stopped taking them, dispose of them safely. Don't leave them in the medicine cabinet "just in case." Don't give them away to friends. Most medications can be disposed of safely in household trash, but you should take them out of their original containers and mix with "undesirable" garbage such as coffee grounds or kitty litter. Medications should only be flushed down the toilet if the patient insert or drug label says that this is an appropriate disposal method.

It is safe to buy drugs online from sites that are licensed and reviewed by the National Association of Boards of Pharmacy (NABP). These sites, called Verified Internet Pharmacy Practice Sites (VIPPS), were established by a coalition of state and federal regulatory agencies, professional pharmacist groups, and consumer advocates. A list of approved pharmacies is available at <http://www.nabp.net>. These online companies are committed to protecting patients' privacy rights and work hard to ensure the authentication and security of prescriptions. Otherwise, you should be extremely cautious in purchasing drugs online as the sale of counterfeit and adulterated drugs is rising.

The federal agency responsible for ensuring the safety of drugs and medical devices is the Food and Drug Administration (FDA). Adverse event reports should be filed by patients and/or their physicians with the FDA for all drug related-issues. Currently, less than 1% of drug reactions are reported, which often leads to a delay in detection of safety issues. Reporting requirements for drug manufacturers are not as rigorous as consumers would expect, and the FDA does not conduct any independent testing to ensure the safety of drugs. Patients can report safety issues relating to drugs and medical devices by contacting the FDA's MedWatch Program at 800-332-1088 or filling out an online report at <http://www.fda.gov/safety/medwatch/>.

You can learn more about your medications by talking with your physician and your pharmacist, and by consulting credible online websites as well.

American Pharmacists Association (APhA)

<http://www.pharmacyandyou.org>

Food and Drug Administration (FDA)

<http://www.fda.gov/Drugs/ResourcesForYou>

Institute for Safe Medication Practices (ISMP)

<http://www.consumermedsafety.org>

National Council on Patient Information and Education (NCPIE)

<http://www.mustforseniors.org>

National Institutes of Health: Senior Health

<http://nihseniorhealth.gov>

Public Citizen

<http://www.citizen.org>

Drug Information Online

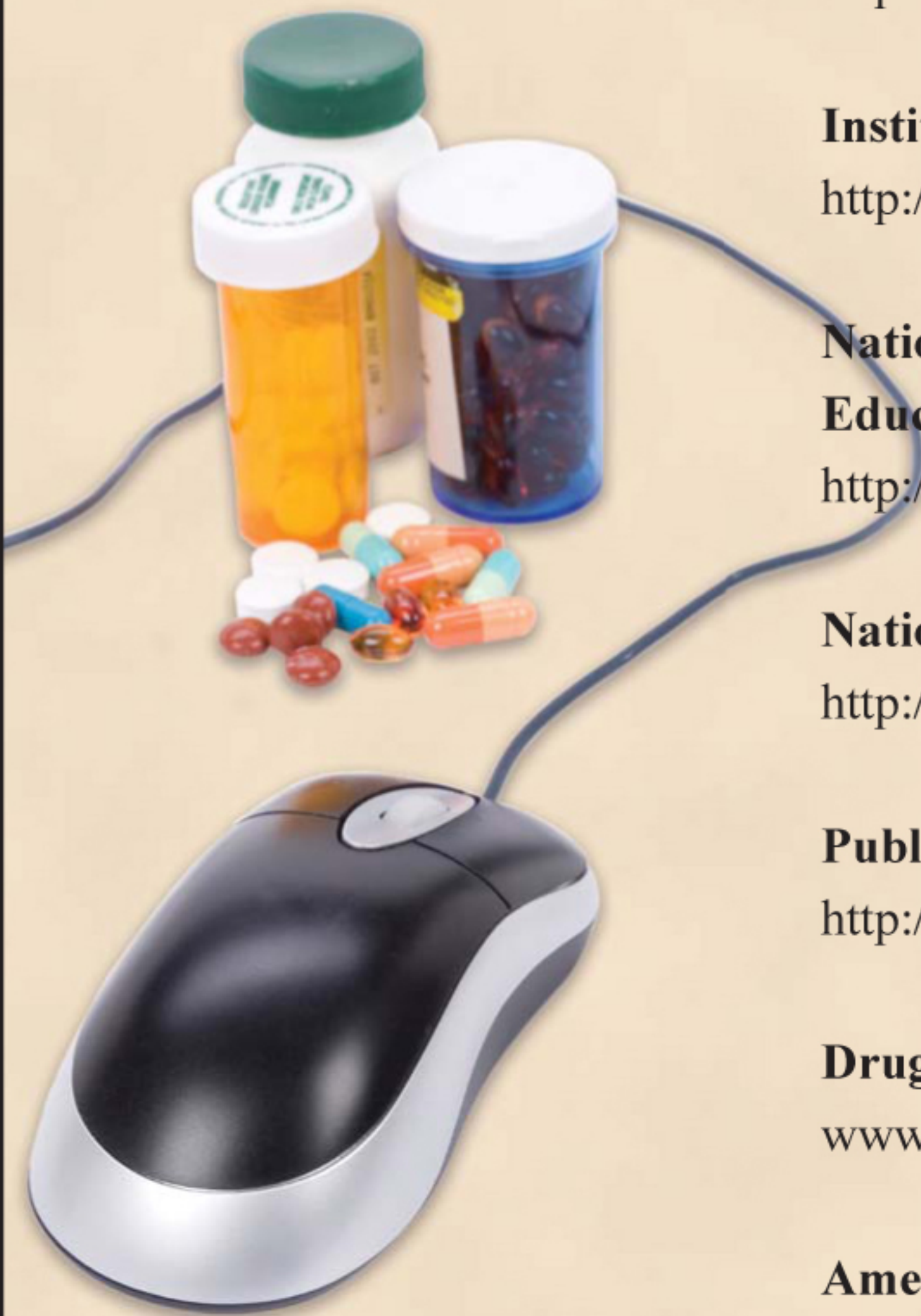
www.druginformationonline.org

American Society of Health-System Pharmacists

www.ASHP.org

National Council on Patient Information and Education (NCPIE)

www.talkaboutrx.org



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DANGEROUS DRUGS

Accutane

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Avandia

Heart Attack
Congestive Heart Failure
Ischemic Stroke
Sudden Cardiac Death

Bisphosphonates (Fosamax, Boniva, Actonel, Zometa, Aredia, Didronel, Bonfos, Skelid, Reclast)

Jaw Osteonecrosis
Long Bone Fractures
Esophageal Cancer

Chantix

Suicide

Denture Cream

Neurological Disease

Digitek and Digoxin

Digitalis Toxicity

Duragesic or Fentanyl Pain Patches

Respiratory Failure
Death

Hydroxycut

Liver Failure

Gadolinium-Based MRI Contrast Agents

Nephrogenic Systemic Fibrosis

Levaquin

Tendon Ruptures

Meridia

Heart attack
Stroke

Raptiva & Rituxan

Neurological disease

Reglan

Tardive Dyskinesia

Seroquel and Zyprexa

Hyperglycemia

Tequin

Hyperglycemia

Trasylol (Aprotinin)

Kidney Failure

Visicol, OsmoPrep, and C.B. Fleet Phospho-Soda Bowel Prep Solutions

Acute Phosphate Nephropathy
Kidney Failure

Yaz, Yasmin and Ocella

Blood Clots
Stroke
Gallbladder Disease
Sudden Cardiac Death
Deep Vein Thrombosis
Pulmonary Emboli

Zicam

Loss of Smell



Please call us if you have been harmed by a drug or medical device

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Bard Composix Kugel Hernia Mesh

Breakage or Migration Causing
Bowel Injury and Fistulae
Formation

Medtronic Sprint Fidelis Leads

Fractured Lead Causing
Inappropriate Therapy

NuvaRing Contraceptive Device

Blood Clots
Stroke

Johnson & Johnson / DePuy ASR Hip Implants

Device Failure

Medtronic Synchronomed Intrathecal Permanent Pain Pump

Paralysis

Post-Operative Disposable Pain Pumps

Chondrolysis (Cartilage
Destruction)

Medtronic Paradigm Quick-Set Insulin Pumps

Failure to Provide Proper Insulin
Therapy

Mentor OB Tape Vaginal Sling

Tissue Erosion

Zimmer Durom Cup Hip Implants

Device Failure

DANGEROUS MEDICAL DEVICES